



### LEARN ABOUT different types of child care settings

- Family Child Care Homes—This type of care takes place in the child care provider's home.
- Child Care Centers—Most of the time, child care centers are bigger than family child care homes and can be run by an individual, business, school, church or public agency.
- In-Home Care—In-home care is when someone comes to your home to care for your child. It can be a friend, relative, nanny or babysitter.
- Home Care Providers—Home care providers take care of their own children and children from other families. Children go to the provider's home for care.



### ASK A LOT of questions, such as:

- What do you like about working with children?
- How many children does each adult care for?
- How do you discipline the children? (Make sure they never hit or shake babies or children.)
- Can I visit anytime?
- What foods and drinks do they provide?
- What do you do in emergencies? Are you trained in first aid and CPR?
- Can a child come to the center or home when he or she is sick?



## CHILD CARE TIPS

### CHOOSING THE RIGHT CHILD CARE

What you can do to find quality child care



### VISIT CHILD CARE places when children are there

- Look to see how the child care staff read, talk and play with the children.
- Make sure it is clean and safe.
- Make sure that nutritious food is served.
- See if they have lots of different playthings for children.



### TALK WITH the child care worker(s). Find out if:

- The staff has special training.
- The caregivers are experienced.
- The staff has been there awhile.

### OTHER TIPS to remember:



- Get a list of other parents who use the center. Call them.
- Call TrustLine and check on child care workers.
- Ask for your provider's DMV record if he or she drives children.
- Trust your instincts and hire someone you and your child like.
- Talk with your provider and share stories about your child at least two or three times a week

### NEED HELP finding quality child care?

California Child Care Resource & Referral Network:  
(800) 543-7793

TrustLine:  
(800) 822-8490

Child Care Connection:  
(800) 543-7793